



National Representation for Dolphins Coach

Southampton Dolphins Swimmer and Coach Freya Wilks (17) was selected and represented England in the UK School Games Hockey Team.



Freya who has been a member of Southampton Dolphins since its inception in 2010 and coach's swimmers from talent squad on Sundays as well as regularly teaching and assisting with the swimming lessons. Freya still finds time to train in the pool when she can, juggling College, Hockey and work.



It's a fantastic achievement to represent your country all the years of hard work have really paid off!

Swimming has really helped Freya build her “engine” during the early growth and development years with all the aerobic training. The benefits can now be seen in her hockey as Freya has a phenomenal work ethic getting up and down the pitch.

Well done Freya!!!